The Mound

100th Edition

10 Tips to Make You a Healthier College Student

Comedian Mo Amer Brings Laughter to Campus

Eco Friendly Model, Summer Rayne Oakes Speaks About Environment

FSU Football Team Defeats Glenville

A Day in The Life of ... An Education Major

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LETTER FROM THE EDITOR

Hello Fairmont State University students,

I am delighted to introduce the first ever "The Mound" magazine. The Mound has been in existence since 1908 and had always been a yearbook. However, this year The Mound staff decided to twist things around a bit by creating, as you can see before you, a magazine. It was our intent to give you useful and exciting information about FSU in a manner that appeals to many ages and professions.

The theme throughout the publication is geared towards living a more green and eco-friendly lifestyle. As you turn the pages, you'll notice clippings of eco-friendly tips and facts that are useful for you. We can all achieve a higher level of well-being and wholesomeness by respecting our environment and living by the 3 R's: reduce, reuse and recycle.

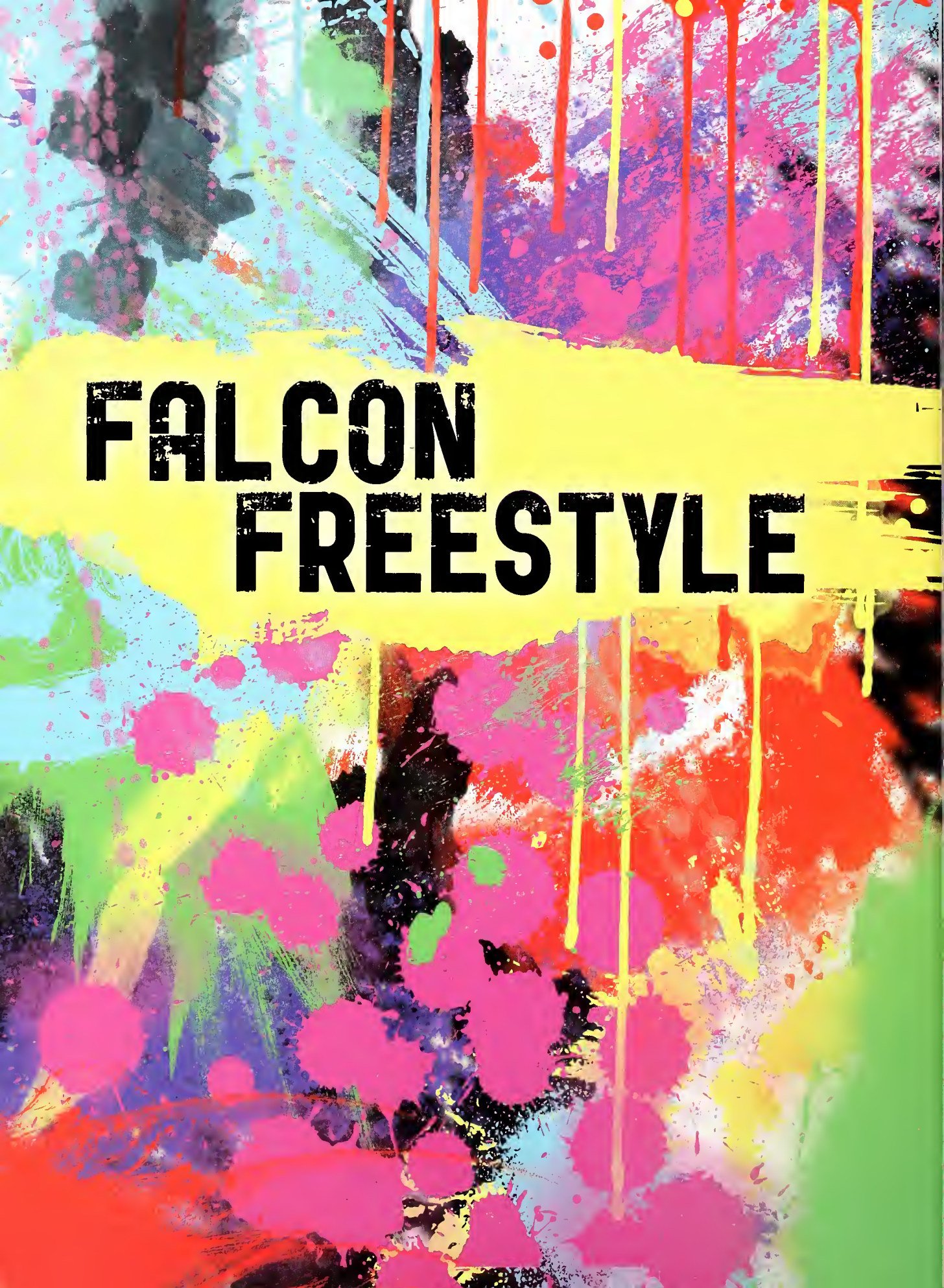
To inspire you to lead a more eco-friendly life, our feature story interviews famous eco-friendly model, Summer Rayne Oakes (she is on the front cover). In her spare time she educates others about the importance of living eco-friendly.

I wish you an intriguing and enlightening journey of reading ahead,

(Please remember to reduce, reuse and recycle!)

Rachel Bright

When finished with a magazine or paper, share with friends/ family or donate already read ones.


FALCON
FREESTYLE

HALLOWEEN GALA

By: Ashley Bakas

Ghost, broomsticks, brews of warm apple cider, witches and scary costumes – sounds like Halloween! To provide entertainment for students and the Fairmont community, FSU held the 9th annual Halloween event at the Colebank Gym on campus, sponsored by the Frank and Jane Gabor West Virginia Folklife Center Gala.

This year's theme was "The Festival of the Story." Costumes, quilting, music and food were just a few of the attractions found during this spooky and exciting event. The deliciously, satisfying homemade food and the live auction of custom, homemade items made this a comfortable setting for the story telling told by Connie Regan-Blake. Regan-Blake's story telling included Southern Appalachian tales, humorous narratives, and dramatic true-life adventures!

But, that's not all, folks. This event included many booths that were selling handmade jewelry and beautiful, colorful quilts. Not only were the booths limited to the exciting arts and crafts, but attendees were able to learn about Marion County's Historical Society Museum and the history of Woodlawn cemetery booths.

Another feature of this "Ghostly and Ghastly" event contained a chance for participants to donate money, helping encourage community-based activities to assist in the preservation the archaic Dunbar School in Marion County. This school was originally, solely for African American youth and was built during 1928. Throughout the event, various brochures were located on tables that featured many events taking place throughout the year in Fairmont. One of the many brochures available advertized the annual Scottish festival held in Fairmont. This festival will be filled with Scottish games, enchanting music and kilts –this is definitely a joyous occasion for all to experience! (The festival will occur throughout April 30-May 2, 2010). The many offered brochures were just one example of the wonderful diversity that Fairmont and its University have to offer. As one says on Hallow's Eve, "Have a Happy Haunting. Boo!"

The art of Melissa May

By: Courtney Kisamore

The accomplished artist, Melissa May, featured her new paintings in the J.D. Brooks Gallery at Fairmont State University's Wallman Hall. Admissions to the exhibit was free and open to all FSU students, faculty, staff, and Fairmont citizens. The event took place January 21-29, 2010.

An interest in world cultures and natural environment influences the style and essence of MAy's work She says her works are "inspired by world cultures and the natural environment." When painting, May says, "I look for connections between ideas." She further remarks, "I am interested in the human experience and spirituality and I hope my work conveys the beauty and the energy of the living world."

May was trained in painting at the Art Academy of Cincinnati, where she earned a Bachelor of Fine Arts in Painting, Art History and Museum Studies. Furthering her education, May acquired a Master of Arts in Anthropology and Museum Studies from Eastern New Mexico University. May is also a member of the West Virginia Arts and Craft Guild.

May, who has been an artist for more than thirty years, is currently the Executive Director of Pricketts Fort in Fairmont, an outdoor living history museum which emphasizes "Teaching History through the Arts."

Instead of using paper towels, use sponges when cleaning.

OKSOBERFEST – A NIGHT OF SUCCESS

By: Justin Myers

A drink that is non-alcoholic and still tastes like the real deal? Say what? That's right –no alcohol added and the drink can still be delicious. Fairmont State University held its annual taste of fun "Oksoberfest" at the Falcon Center gym in October. The event was free for all FSU students and featured mixed drinks made without alcohol – to show students they can still have fun without the booze.

Upon entering the gym, students' hands were first stamped with popular Halloween pictures by the Student Government Association (SGA). From there, students were informed by SGA members to sample each non-alcoholic drink mixture from the various student organizations on campus. After tasting each drink, students rated the organization that they felt created the best drink.

The organizations involved were: Alpha phi Sigma was represented by Addie Wilson and Philip Wagner who provided students with their creative "Gang Green" drink; while Delta Zeta mixed together a scary potion of "Dracula's Kiss." As this didn't sound tasty enough, ASID which was represented by Misaki Ho and Kristen Valentine, offered a fizzy substance that they labeled, "Blue Raspberry Fizz." Next, Delta Xi Omicron, represented by Megan Higgins, Erin Davis, Nicole Yoho, and Heater Cud gave out a shot of love with their "Love potion." As this event couldn't get better, BSU's Raven Shingleton offered a "Shagg Shot," while members of Resident Life and the Colligate 4H club also participated in the competition.

The local radio station, WVAQ, provided music for the evening. Additional refreshments were served and various games provided additional entertainment. After the games were over, it was time to announce the winner. DRUM ROLL PLEASE! The winner was: Delta Zeta who took their prize for their successful concoction of "Dracula's Kiss."

LET THE CHRISTMAS SEASON BEGIN!

By: Courtney Kisamore

The sound of jingle bells, colorful holiday lights on homes, snowmen in the front yards, mistletoe hanging from ceilings and the smell of delicious warm hot cocoa and sweet frosted, sugar cookies. Yep, it's beginning to look a lot like Christmas. As it has been tradition at FSU for many years, the annual Tree Lighting Ceremony was held on December 3, 2009, in the Falcon Center.

This event was open to all FSU students, faculty, staff, and the Fairmont public to welcome a peaceful and cheerful 2009 Christmas season. Each student organization on campus participated in this event by hanging a special ornament on the bright, green tree.

During the ceremony, the FSU Collegiate Singers led a chorus Christmas carols, as the audience happily chimed in. Presenters at this event also shared holiday traditions of the many religions around the world and discussed what it means to set a New Year's resolution for 2010. This event was sponsored by the FSU Student Government.

Peace Corps Awareness!

By: Courtney Kisamore

The Mission of The Peace Corps…

helping people interested in countries to meet their need for trained men and women.

helping promote a better understanding of Americans on the part of the peoples served.

helping to promote a better understanding of other people's on the part of Americans.

You might be wondering what is exactly the Peace Corps and if you should join. For starters, it is an independent U.S. government agency. Every year, they seek out at least 4,000 new volunteers, who must at least have a Bachelor's and be 18 years or older. The Peace Corps searches for students who have specializations in: Agriculture, Business, Information & Communication Technology, Education, Environment, Health and HIV/AIDS, and Youth and Community Development. The Peace Corps provides for more than 75 countries requesting assistance in Africa, Asia, the Caribbean, Central and South America, Europe, the Pacific Islands, and the Middle East.

Volunteers are placed where their skills match the needs of the host countries. Generally, the length of service is 27 months, which includes three months of in-country training that provides language, cross-cultural, technical, and health/ safety skills. During the 27-month service overseas, Peace Corps provides volunteers with: a living allowance, medical and dental care, vacation time, transportation, and a $6,000.00 allowance upon return. As any undergrad can discern, the Peace Corps offers many great benefits during and after service.

Paying off student loans is often what most students dread after they graduate. Don't give up hope yet, because there is help given by federal programs for volunteers of the Peace Corps. Also, there are opportunities to combine Peace Corps service with graduate school. This includes scholarships, credit for service, fellowships, and internships. The Peace Corps application process is very competitive. As mentioned earlier, the minimum requests are that students be 18 years of age, in good health and a citizen of the U.S.

My experience [Courtney Kisamore] at the Peace Corps meeting at FSU…

When I went to the Peace Corps meeting at the Musick library, the turnout surprised me. Only three people showed up! It was disappointing that many people on campus were missing out on an opportunity to learn about the Peace Corps. At the meeting, I viewed a short documentary film on several volunteers and their experience while overseas. The volunteers lived with their assigned family for two years of their lives. During this time they formed strong bonds with their family and their students. Volunteers taught their students life-long skills within their profession. Almost every volunteer on the film stated that the Peace Corps was a "life-changing experience."

Benefits of being a volunteer include:

- Travel to and from country of service
- A monthly living allowance
- 48 paid vacation days
- A "readjustment" allowance of $6,000 upon completion of service
- Graduate school opportunities
- Transition and job placement support and social networking after service
- Medical and dental care
- Language, cross-cultural, and technical training
- Leave for family emergencies

As an FSU student, you need to take advantage of this wonderful opportunity! If interested, you can contact a Peace Corps recruiter, by calling at: 800.424.8580 and to receive additional information visit www.peacecorps.gov.

"A PLAY ABOUT A PLAY?"

By: Courtney Kisamore

Anton in Show Business was to put it simply, a play about a play. It presented a story about three female actors trying to make it in the "every man for himself/herself" acting world. It just so happened that the role each actress auditioned for was actually similar to the character they were rehearsing. The main characters included: Casey Mulgraw, Lisabette Cartwright, and Holly Seabe.

Throughout the play, the actresses discussed several issues that woman face in show business. One scene portrayed the sexual harassment toward females from male businessmen within the acting industry. They also mention that eighty percent of actors are men and ninety percent are male directors. Casey Mulgraw, played by Dana Sayre, spoke of how she lived paycheck to paycheck. Yet, the payment she did receive was not enough money for most people to live on. Holly Seabe, played by Sami Dull, was the tall, beautiful, and famous actress who had already been exposed to the reality of the acting industry. Lisabette Cartwright, played by Kayla Hudimac, was the naïve southern belle.

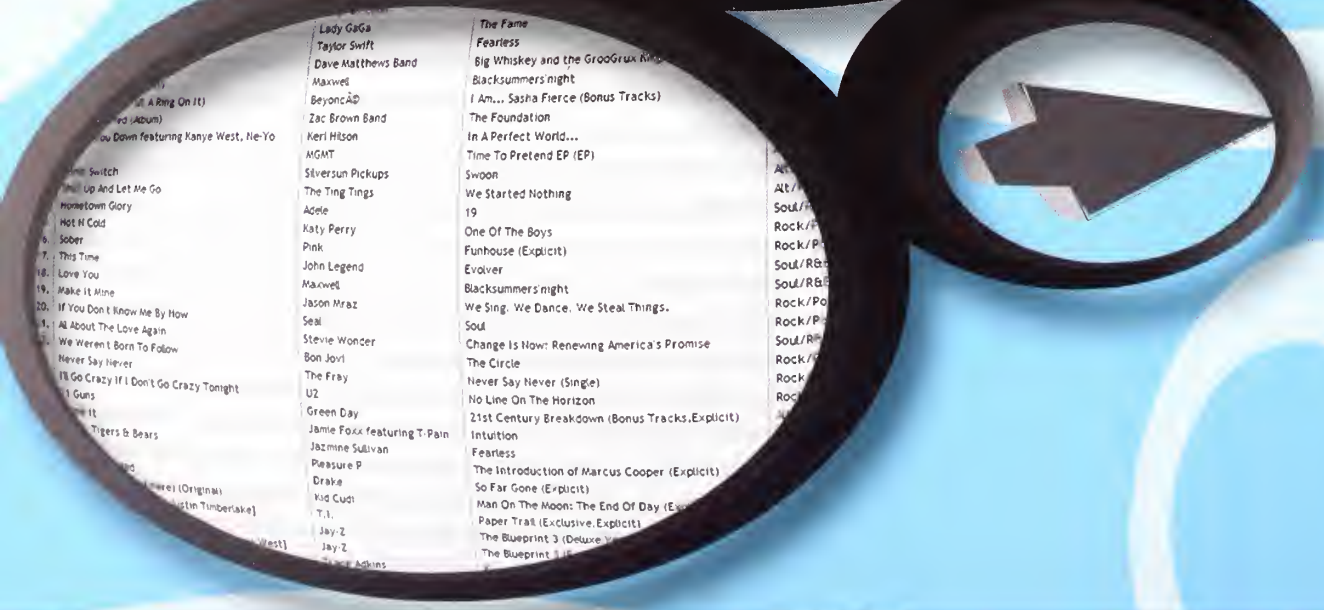
When the theatre critic, Joby (Morgan Lea Davis), starts asking questions from the audience, the girls discuss the successes, failures, purposes, and processes of theatre. This is when the question, "What is theatre's relationship to its audience, to their lives, to their hopes and fears?" is raised. The closing statement is made by Lisabette. She says that there is hope for women actors.

Much credit should be given to Dee Gibson, Elizabeth Huff, and Samantha Huffman. These three talented women demonstrated their versatility as actresses. They each played numerous roles, including several male characters throughout the play. They showed no signs of difficulty between scenes, and transitioned well into into character.

The best preformance was theatre major, Elizabeth Huff. Her performance as Katrina [Kate] Todoravskia was bubbly, dramatic, and kept me laughing the whole night. Kayla Hudimac's naïve character and southern accent as Lisabette Cartwright was hilarious! Also, the role of Casey Mulgraw, played by Dana Sayre, was well executed. Overall, I would rate the play as a success. I hope FSU students will attend more plays in the future.

Look for storage containers that can be recycled or reused, such as glass.

iEntertainment



Most popular music of 2009

The most popular Adult Alternative album:

1. Viva La Vida Or Death And All His Friends - Coldplay
2. In Between Dreams - Jack Johnson
3. Big Whiskey and the Groogrux King - Dave Matthews Band
4. We Sing. We dance. We Steal Things. - Jason Mraz
5. The Fray - The Fray
6. Sleep Through the Static - Jack Johnson
7. A Rush of Blood to the Head - Coldplay
8. Continuum - John Mayer
9. Come Away With Me - Norah Jones
10. We Sing. We dance. We Steal Things. - Jason Mraz

Popular Pop albums include:

1. The E.N.D. (Energy Never Dies) - The Black Eyed Peas
2. The Fame - Lady Gaga
3. Thriller - Michael Jackson
4. I Am…Sasha Fierce - Beyonce
5. Number Ones - Michael Jackson
6. The Lost Get Found - Britt Nicole
7. Here We Go Again - Demi Lovato
8. Hanna Montana: The Movie - Various Artists
9. Funhouse - Pink

Are you subscribed to many magazines, but aren't reading any of them? Answer: cancel the subscription!

Frequently downloaded from the following Hard Rock albums:

1. Dark Horse - Nickelback
2. Leaver This Town - Daughtry
3. All The Right Reasons - Nickelback
4. Cradlesong - Rob Thomas
5. Fallen - Evanescence
6. Rock N Roll Jesus - Kid Rock
7. Appetite For Destruction - Guns N Roses
8. Scars & Souvenirs - Theory of a Deadman
9. Slippery When Wet - Bon Jovi
10. Greatest Hits I, II, and III - Queen

Vh1's current Top 20 Music Videos are:

1. You Belong With Me - Taylor Swift
2. Down - Jay Sean
3. Fallin' For You - Colbie Caillat
4. 21 Guns - Green Day
5. Already Gone - Kelly Clarkson
6. No Surprise - Daughtry
7. Sweet Dreams - Beyonce
8. Use Somebody - Kings Of Leon
9. Say Hey (I Love You) - Michael Franti & Spearhead
10. Paparazzi - Lady Gaga
11. Run This Town - Jay-Z ft. Rihanna and Kanye West
12. Funhouse - Pink
13. Smile - Uncle Kracker
14. Party in the USA - Miley Cyrus
15. Never Say Never - The Fray
16. S.O.S.- Jordin Sparks
17. Million Dollar Bill - Whitney Houston
18. Uprising - Muse
19. The Fixer - Pearl Jam
20. Fireflies - Owl City

Popular new artists on the rise include: Morningwood, The Airborne Toxic Event, Safetysuit, Laura Izibor, K'naan, The Script, Carolina Liar, and Matt Nathanson

Summer Rayne Oakes: an eco-friendly model with a message.

By: Rachel Bright

She was your average smalltown girl from Pennsylvania. But little did she know that she would grow up to become an internationally known eco-friendly model on a mission to defend Earth. Summer Rayne Oakes – yes, this is her actual name travels all over the world to teach and increase awareness about the important of respecting Mother Nature through her career as a model and an activist.

Oakes was the keynote speaker for the "Green and Healthy on the Hill" leadership conference February 20th in Colebank Gym. She is a published author of "Style Naturally," a book filled with tips for sustainable beauty and fashion. *The Mound* was given the pleasure of interviewing her before the lecture. One on One with Oakes:

Q: Is Summer Rayne Oakes your real name?

A: Yes, it most certainly is.

Q: Where did it originate from?

A: My mother felt that while I was in her womb, I would be an artist when I grew up. So, she wanted it to sound artsy. The name, Summer, came from the season of which I was born; Rayne because it was raining on my day of birth and Oakes because it sounded Native American.

Q: Why did you choose modeling as your main career to spread the word about saving planet Earth?

A: I wanted to find an avenue that was furthest associated with the environment. The modeling industry is all about fashion, so I wanted to make it sustainable eco-friendly fashion.

Q: When did your modeling career begin?

A: When I was 17 years old

Q: Who inspired your love for nature?

A: It was a self-taught love. When I was younger I always loved playing outdoors and would bring nature to my bedroom, so I could study it 24/7.

After the brief interview, Oakes then gave her speech to FSU students and faculty. She opened her ecture by apologizing for her informal attire, which consisted of black spandex yoga pants, a black jump suit acket and a jogging shirt. She regrettably left them at her home in New York - the audience replied with a oisterous laugh.

From there, she proceeded with informing the listeners that she grew up in North Eastern, ennsylvania in a small town. In fact, the area was so rural that there wasn't even a post office. Due to the ack of resources where she grew up, she didn't let that stop her to achieve her big and what seem impossible, reams.

Bugs, bugs and more bugs...Buzz.. Oakes is a huge fan of bugs, and as a child she collected them as ets. To further her "bugly" obsession, she attended Cornell University and received a B.S. in entomology. After she graduated she realized that entomology is a great field for a person who wants to do research and ive lectures on bugs, but the average person is not interested in learning about insects. Her realization rought her to the modeling industry. This industry was untouched by environmental issues; she hoped to ridge the two together to reach a mass of people. At first, she met with a modeling company who said she ad great ideas - but her hips were two inches too big. She said this didn't stop her one bit.

Since her college days, Oakes has traveled all over the world and has captured the attention of many eople with her socio - environmental efforts. Her efforts, she told the audience, have included the dying of oral reef micro-ecosystems. "One of the many man-made tragedies that are happening in the ocean is the ie-off of coral reefs," Oakes passionately said to her enthusiastic audience. "Without coral reefs, then fish die ff."

Not only is the dying of coral reefs a major issue these days, but ocean hypoxia; lion/polar bear xtinction in 30-40 years; industrial chemicals that are killing the environment; deforestation and endangered anguages leading to the extinction of indigenous cultures are other important environmental issues. The sad art about all of these problems is that they were created by mankind. She streesed if people are the cause of hese misfortunes, then it is up to us to help restore what is left of Mother Nature.

Some people have heard about these problems and are taking action. Oakes showed the audience a slideshow presentation of houses that were made from trash. Trash houses allow owners to be free from aying electricity, rent, air conditioning and heat, because they use eco-friendly tools to accommodate for hose amenities. The best part about these houses is that residents grow all of their food inside of them. This utomatically eliminates produce shopping for the rest of one's life. Pretty sweet, huh?

Throughout the duration of the lecture, she gave the audience a sense of encouragement and a rightful urpose on Earth. Yes, we can all make a difference - it only takes one person to begin making a small change nd help erase their carbon footprint. Her inspirational speech ended with a thoughtful quote from Indian piritual leader, Gandhi: "If you think you are too small to make a difference, try sleeping in a room with a mosquito."

Comedy Night Featuring: Mo Amer

By: Courtney Kisamore

Stand-up comedian, "Mo Amer," got quite the laugh from the FSU audience in the Falcon Center conference rooms on December 7, 2009.

Mo Amer, whose real name is Mohammed Amer, a Palestinian, is originally from Kuwait and fled his birth country with his parents when he was nine years old. His family ended up settling in Houston, Texas. Even though his family had persuaded him to become a medical doctor, he knew that his true calling was that of a comedian - he loved impersonating many of family members and making people laugh. Eventually, his natural, comedic side led him to be the youngest comedian on the Muslim Comedian Tour, which is considered a huge honor.

Over the years, Amer has performed with many famous comedians and at many festivals all over the world. Personally, he is quite the accomplished comedian. His true talents definitely shined through that night in the conference rooms.

Before the show, the audience was informed that this night of comedy was "recommended for mature audiences." This certainly held to its advisement, because his humor-filled, witty jokes were found enjoyable for FSU students, professors the Fairmont community.

For more information about Mo Amer and where his next performances will be held you can visit these websites: http://www.rooftopcomedy.com/comics/MoAmer or http://www.myspace.com/moamer

"Remembering No. 9: Stories of the Farmington Mine Disaster"

By: Jessica Fast

The cast and crew of "Remembering No. 9 Stories of the Farmington Mine Disaster" spent many nights rehearsing and performing the heart-wrenching tale of the 1968 disaster. As the set dims and this tragic story begins, the audience calms. On November 20, 1968 the crew of Number 9 arrived to work as usual –little did anyone of them know that for 78 men, it would become their final trip into the dark, cold shaft. This theatrical production was their story –the story from the miraculous, fortunate survivors.

"Remembering No. 9 Stories of the Farmington Mine Disaster" was directed by Francene Kirk. Students from the College of Fine Are interviewed those who had survived the disaster, lost a father, husband, or friend. It is with these interviews that this emotional script began to cultivate. Since I had known that the body of the script came from the survivors themselves, this play already gave me cold chills up my spine as I sat down in the theater. I could not help but feel an overcoming sadness as this story unraveled and know that actual people had lived through this calamity - it was not the normal science fiction Hollywood born creation - this had really happened.

As Fairmont State's University theater group is well-known for their enchanting preformances year after year, it was no surprise that every actor in the play gave an outstanding performance. Their efforts created an unbelievable dramatic production. The play was a respectable depiction of this horrific occurrence.

Falcon Idol

By: Justin Myers

The seeond floor of the Falcon Center was packed full of people for the 2010 edition of FSU's Faleon Idol. With standing room only, many people decided to grab lunch at the Nickel and find a place to watch the finale as seven students participated in the show.

Judge # 1 for the event was Jessiea Cooper, Fairmont State Residenee Director and a former music major. Judge # 2 was Jessica Destefano another Residenee Director and the third judge was Dave Beighley, a professor in the Language and Literature Department. The final judge was Shane Livingston, a former Student Government president and FSU alumnus.

Marc Cornes went first performing the "Unehained Melody" by the Righteous Brother. Lisa Smith followed up his performanee singing "You're Not Sorry" by Grammy award-winner Taylor Swift. Next up was Kayla Ferrell singing "I Hope You Dance" by Lee Ann Womack. After these fine performances, Hannah Evans was up next on the lineup, singing "Breathe" by Anna Nalick. Angela Cook turned in a erowd-pleasing performing of "I Told You So" by Carrie Underwood. Her performance was a tough act to follow, but Justin Henry round the audience of the Black National Anthem's "Lift Every Voiee and Sing." The final performanee came from Stephanie Fulkiner whso sang "Sunday Morning" by No Doubt.

With all of the talent showeased throughout all seven songs, it was notieeably difficult for the judges to make a final decision as to who the winners should be. After much deliberation from all four of the judges, the winners were announced. Justin Henry, with "Lift Every Voice and Sing" took home the first place title. Angela Cook and Marc Cornes tied for second plaee, and Stephanie Fulkiner rounded out the winners by taking third place in the competition.

Fairmont State University looks forward to having Faleon Idol once again next ycar. They hope to have evcn more and more participation each year, and send out a special thanks to all those who donated their time and participated. If you didn't eatch this year's version of the eontest, make sure to check it out next time around. It is sure to be a good way to spend lunch time hanging out with friends.

FAIRMONT STATE
FALCONS
Boys & Girls Clubs
Marion County
BOYS &GIRLS CLUBS
OF MARION COUNTY...
$1.00 / 3 for $2.00

FALCON FITNESS

So Doritos can't be found on trees?

Red 40
nts: Whole Corn, Vegetable Oil (Contains One or More of the
g: Corn, Soybean, and/or Sunflower Oil), Cheddar Cheese (Milk,
Cultures, Salt, Enzymes), Salt, Buttermilk, Whey Protein
ate, Whey, Monosodium Glutamate, Tomato Powder, Romano
Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion
Corn Maltodextrin, Natural and Artificial Flavors, Garlic Powder,
Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40
sodium Phosphate, Dextrose, Sugar, Spice, Citric Acid, Lactic
nesan Cheese (Milk, Cheese Cultures, Salt, Enzymes), Disodium
and Disodium Guanylate.

By: Rachel Bright

It just so happens that you're late for your 12 o'clock class and you haven't had lunch yet. Hungry and in desperation, you quickly grab a bag of spicy, cheesy Cheetos, and an Otis Spunkmeyer blueberry-swirl muffin. The unfortunate catch is that this lunch is lacking some very important label information – it's all processed food.

According to biotechnologyonline.gov a processed food is "any food product that has undergone physical or chemical treatment resulting in a substantial change in the original state of the food." Sounds yummy, huh?

It must be noted that processed foods haven't been found by food companies to be particularly bad. As a student/faculty member, you can research online and make your own decision).

During the "covered wagon" days, if a person wanted to make a homemade dinner they usually had to kill an animal for meat, grow the vegetables and fruit in a garden and make every single part of a dish from scratch. Nothing came in a box. People didn't have the choice to eat delicious, chemical-filled processed foods.

With America's "on-the-go" society, people are resorting to grabbing a bag of junk food chips instead of eating food from its original source – Mother Nature. In fact, the BBC news article, "What would Old MacDonald say?" says that many children haven't a clue where half of their processed, boxed food comes from. A restauranteur mentions that many of his kid's friends couldn't tell you that chips come from the potato and that celery and carrots are different.

Not only are many processed food companies creating a generation without sharing knowledge about wholesome food, processed foods also contain hidden ingredients. Many of these hidden ingredients contain "shelf-life stabilizers," which are various chemicals in the disguised form. These stabilizers/chemicals are disguised in order to trick you, the consumer. For example, ammonium sulfate which was is in all of Subway's sandwich breads is usually used as a chemical fertilizer.

Crunch, crunch, crunch! There is nothing like opening a crisp bag of red-hot Doritos and eating them while watching your favorite Saturday night TV show. After devouring the entire bag, you notice that there are lots of red cheese flakes on your hands. Naturally, to remove the cheese stuff, you lick your fingers 'til sparkling and then wipe your hands on your pants. The red cheese color on Doritos is not naturally found on this chip. In fact, the red color comes from the female Dactylopius coccus, an insect according to www.snopes.com, the internet website that validates information.

In the food industry, this insect is disguised under the names: cochineal and carmine. The Doritos Co. keeps it pretty simple for consumers by stating that the red dye is called color 129 (red 40), instead of Dactylopius coccus –the Central and Southern American insect (www.additivesinfood.info/brands/doritos).

It's quite effortless to help you identify the difference between processed foods and natural foods. Processed foods are any foods that come from a box or package and have *more than* five ingredients with added chemicals. Natural foods are food items that can be in a box or package but are found in nature. These can be plucked from a garden, picked off of a tree and have *less than* five ingredients with no added chemicals.

If you want to eat more natural than processed foods, you can start by making cookies from scratch. For example, purchase the cookie ingredients whole-grain flour, unbleached sugar, vanilla extract, whole egg and butter from the store. Even though these items come in packages and containers, they're natural because there are less than 5 ingredients and they have no added chemicals.

After making your own wholesome dishes directly from nature's sources, you'll notice a definite difference.But you'll have to discover it on your own. It's your choice. Are you ready for lunch? Let's eat all natural foods: a homemade sandwich and sweet potato French fries (baked) with an apple on the side, sound good

For more information about processed foods you can visit: www.snopes.com; www.nutrition.about.com; www.bodyecology.com; or www.mayoclinic.com (search "processed foods).

5 effortless dorm food recipes!

By Rachel Bright

I remember when I was a freshman college student entering Fairmont State University (FSU) and my parents were constantly badgering me to eat healthy foods. They warned me to stay clear of those processed, sugar-laden foods. Bringing back any memories of what your parents have told you?

Well, like most students, I had every intention of eating healthy and honoring my parents request. However, those late nights of studying for exams began to take their toll not only on me mentally, but physically as well. I soon began to notice that I was waking up more lethargic than I had the night before and my favorite, perfect fitting jeans were slowly getting tighter and tighter. Uh oh!

As soon as I noticed that I was not nearly as in the great shape I had been in high school, I began researching what foods would support and nourish my body. These foods needed to be easily made in the comforts of my dorm room, because my hunger attacks would hit around 10 or 11 p.m. My research provided me with a lot of information and lead me in the right direction –the direction of healthy living.

Below, I have listed my favorite "tried and true" healthy dorm foods that are not only tasty and satisfying – but will also nourish your body and give you the right fuel to achieve scholastic success. If you were like me and did not have much counter space to work with, then these recipes are perfect for you.

First things first, you need the following equipment to make these recipes; don't worry, they are inexpensive and easy to locate.

1. One apple slicer

2. Reusable plate/bowl

3. Automatic mixer

4. Measuring cups/spoons

5. Mixing bowls

6. Microwave and /or toaster oven

Purchasing those needed essentials is the first step to eating healthier food in the dorms. Next, try these recipes I have given you and you will notice a difference!

Berrylicious Yogurt Parfait

Ingredients:

¼ cup of Blueberries, ¼ cup of strawberry's, 1 cup plain yogurt and 1 tsp honey.

Preparation:

Pour yogurt onto the bottom of a bowl and top with the berries. Then to finish it off drizzle some honey over the fruit. Yummy!

Couscous with tomatoes and mozzarella

Ingredients:

1 cup of water, 1 cup of couscous, 4 cheery tomatoes and 2 tbsp of mozzarella cheese.

Preparation:

Boil the water and add it to the couscous. Let it stand for approx 5 minutes. Lastly, chop the cherry tomatoes and sprinkle the cheese on top. Enjoy!

Tasty oatmeal with raisins and cinnamon

Ingredients:

1 packet of plain, instant oatmeal; water; 2 tbsp of raisins; and cinnamon to taste.

Preparation:

Follow the directions on the back of the oatmeal packet for microwaving. After oatmeal is cooked, add the raisins and sprinkle on the cinnamon.

Amazing apple crisp

Ingredients:

2 Apples, ¾ cup of your favorite granola and 2 tbsp of raisins.

Preparation:

Slice the apples and place on the bottom of a toaster or microwave safe bowl. Then sprinkle the granola on top and lightly coat with the maple syrup. Toast in the toaster-oven until crispy brown on top or microwave for 3 minutes on high.

When in need of a quick fix, eat apples with peanut butter!

Ingredients:

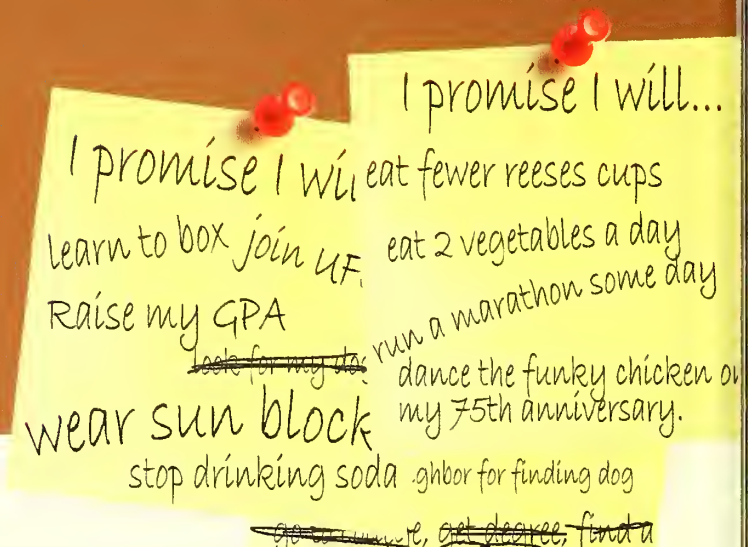
1 apple, 2 tbsp of peanut butter or your favorite nut butter.

Preparation:

Cut the apple into slices and dip into the nut butter.

If you are seeking more easy-to-make recipes your college dorm, the book, "The Healthy College Cookbook" is your answer. You can purchase it from amazon.com

Sticking to your plan

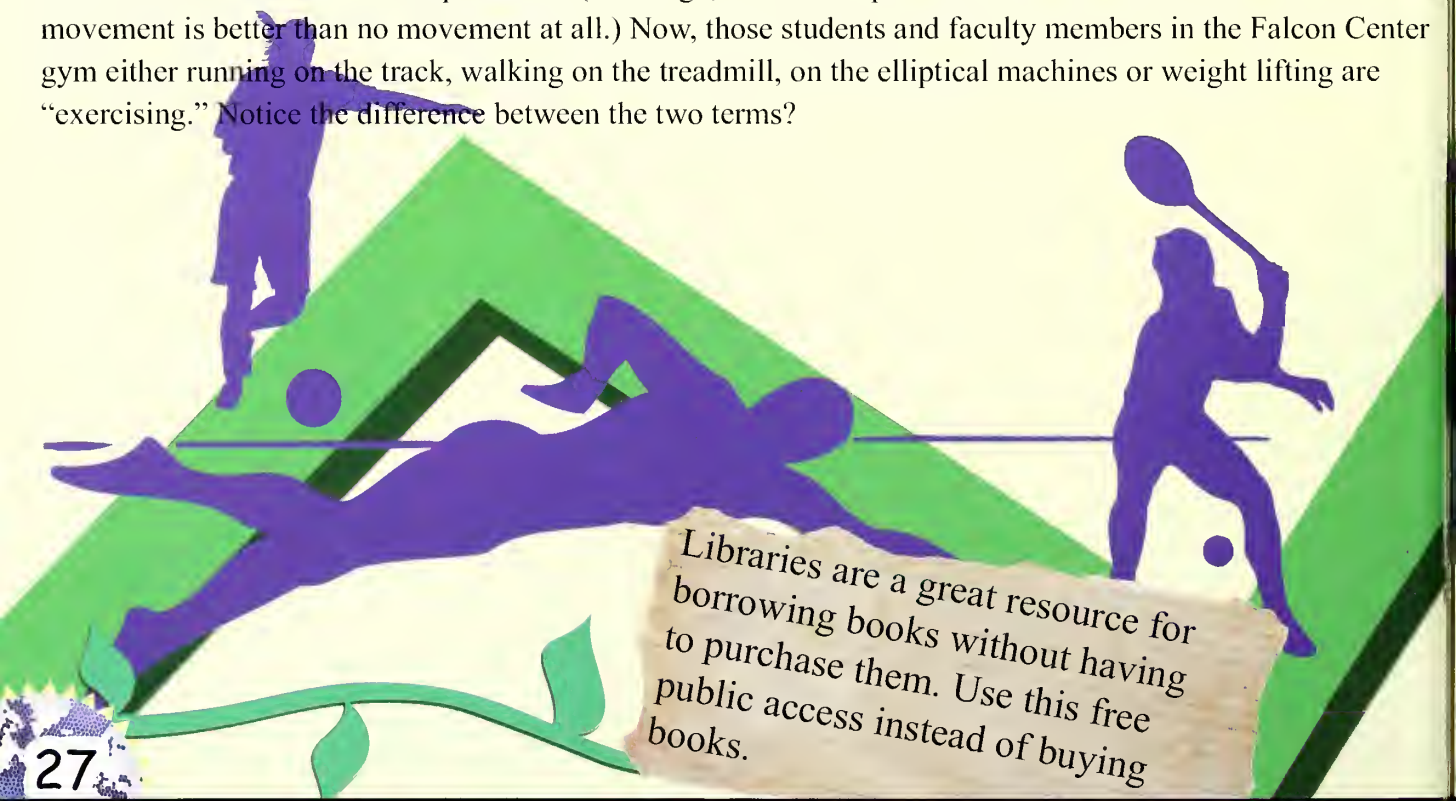


By: Rachel Bright

There are many students enrolled at Fairmont State University and probably not even half of those students engage in any planned exercise. Sure, students might get in some movement by walking from class to class, but even then, many students drive to school. Many find it harder to exercise, because there are so many activities that need to be done in one single day. However, this isn't the only reason, because in today's rapidly evolving technological world, most things are easily accessible to the click of one or two buttons.

First things first, we need to address the difference between the two terms physical activity and exercise. According to ask.com, physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure. Medical-dictionary.com states "exercise"as a planned, structured, and repetitive acitivty for the purpose of conditioning any part of the body. As any person can see, these definitions are very similar, but also have their differences.

Let's take the meanings of these terms a bit further by placing an example of what is most seen in students across the country and at FSU. It's likely that students' "physical activity" consists of walking out of their dorm or apartment, walking to classes and the cafeteria and then either walking to and from their car. When adding these tasks up, they only amount to a small bit of physical movement, which is not enough to fulfill a students' exercise requirement. (Although, it is still important to remember that a little bit of movement is better than no movement at all.) Now, those students and faculty members in the Falcon Center gym either running on the track, walking on the treadmill, on the elliptical machines or weight lifting are "exercising." Notice the difference between the two terms?



Libraries are a great resource for borrowing books without having to purchase them. Use this free public access instead of buying books.

Now, since the two terms distinctions are noted, students can start planning their days to make them healthier for them physically. Exercise not only keeps people healthier, but it prevents maladies and illnesses that can be eliminated by movement. Yep, it's that simple! One crisis in particular that is striking our nation as a whole is obesity. If you from rapid weight gain, these tips will be especially beneficial for you. Go ahead, try them out. The lifestyle tips are listed below:

1. If you are able to walk from class to class, do so. This will slowly add miles throughout your day.
2. As many know, take the stairs instead of the elevator. It's a great way to make your muscles stronger and add density to your bones.
3. Buy a planner and plan times throughout the day where you can fit in any workout. A great time is between classes; just hop on a treadmill or walk a few laps around the Falcon Center track.
4. If you are shy about going to the gym alone, ask a close friend to join you. This will benefit both of you.
5. The Falcon Center offers many fitness classes ranging from yoga, spinning and all the way to belly dancing. This is especially motivating, because everyone is exercising together.
6. A great to watch your favorite TV show and get your exercise is by purchasing a rebounder – a mini trampoline (for cardio exercise) or a balance ball that will allow you to perform abdominal exercises.

Remember, the least you can do is stick to a plan for at least a month. This is said to be the period when you will exercise out of habit and not because you need to. The benefits are life-saving and will make you the whole, beautiful being we are all capable of becoming.

For more information you can visit: http://college.lifetips.com/cat/59032/student-health/index.html

"My numbers mean what?"

By: Rachel Bright

Hypothetical health risk scenario: Susan Granger's blood pressure (BP) is 140/85; she is 5 foot and 5 inches tall, weighs 165 lbs and she says that she exercises at least once a week. What in the world do these numbers mean and what can they do for you?

For starters, a healthy BP should be 120/80 –Susan is over the "healthy" amount. Her BMI (body mass index) is 27.5, meaning she is overweight for her height. Since she exercises once a week, it probably indicates that her heart muscle is weak. All of these factors can contribute to obesity, diabetes and other serious problems. These are the kinds of health issues that were covered at the annual FSU Health Fair.

The Health Fair was held by the Exercise Physiology Club and it occurs each semester to explain different aspects about fitness and living a healthy lifestyle. It is a time when students/faculty can ask questions and seek advice on how to improve their current health status. This particular event focused on explaining what the numbers from your annual doctor's visit check-up mean.

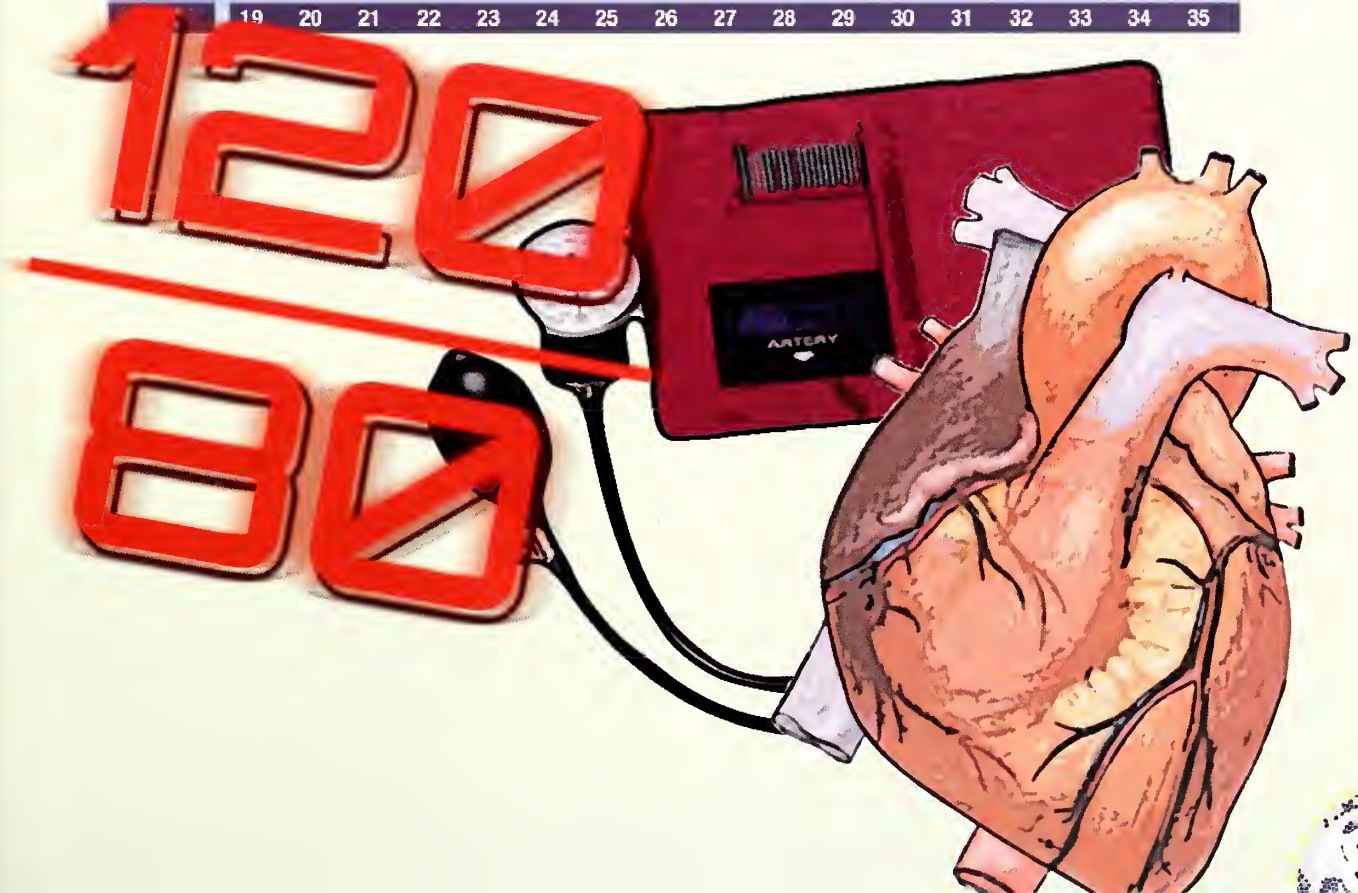
At the health fair, participants traveled to booths where they were learned about health information. The booths offered free measurements of height/weight, strength, endurance and flexibility along with checks of glucose, cholesterol levels and blood pressure.

Many participants enjoyed free "perks," such as, massages, health food and door prizes. Not only did this event teach participants about why maintaining health is vitally important, but what serious illnesses can result if it is ignored. It is strongly advised more than ever that people pay attention to their body because a number of deadly diseases and illnesses are on the rise. Remember, it is your body and it takes you to wondrous places –don't you want to be the best you can be?

If seeking more information on how to monitor your current health status, visit the online Reader's Digest magazine's website at www.rd.com and look under the "Living Healthy" link for the article, "16 Ways To Monitor Your Health In Between Check-ups."

-To check your BMI, visit this website: http://www.nhlbisupport.com/bmi/ to learn what your weight means.

Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35



"ARE YOU EATING GREEN?"

By: Rachel Bright

"Eat green and get lean!" That adage seems pretty clear, doesn't it? So, all you need to do is make sure that every food that passes through your body is green in color and you'll be thin as you've always wanted. Not quite – wish life was that easy, though.

Eating green doesn't necessarily mean that your food has to be the color green. Simply put, it is a style of eating that benefits nature, aims to put less trash into the earth and nourishes your body. As a college student, you might be thinking how in the heck are you supposed to maintain "green" eating if you can't even manage your homework load? Well, it is much easier than it looks.

For starters eat more organic foods, which are grown without added chemical fertilizers that helps keep our ecosystems cleaner.

When buying groceries, look for labels that say "fair trade." Fair trade means that those who harvested and handled the food were ensured a proper wage. Also, TransFair is the only fair trade company that has strong environmental standards when harvesting their food.

If you have access to a local farmers market, shop there for your produce instead of the commercial chain grocery stores. This ensures that the produce you bought is in season and therefore is considered green.

As you are grocery shopping, buy food that is in a minimally packaged container. This is said to be environmentally friendly, because expensive packaging is usually petroleum-based plastic.

Maybe you are eating dinner alone tonight when younormally cook for two. Instead of cooking two servings, make just enough for yourself. This way you will not be wasting any food that otherwise would end up in the trash.

Have you noticed the craze for bamboo cooking utensils and instruments? Here's a big hint: instead of buying aluminum utensils, purchase those bamboo ones – they're classy and made from 100% Mother Nature.

You have just been given many tips on how to eat more green. Perhaps you find them a tad overwhelming. We can't all save the Earth in one day, so start by practicing one tip at a time. After one tip has become habitual, begin another. You'll probably notice that you are applying all of the tips to your normal grocery shopping and cooking routine. So, give it a whirl and start saving the world!

For more information on eating green, visit: www.thedailygreen.com.

SPORTS

FSU Football Team Wins Thursday Night Showdown!

By: Justin Myers

In front of a packed crowd and a regional television viewing audience, Fairmont State University gained win number one early in the football season Thursday night September 10, 2009 against their rivals from Glenville. Entering the game with a record of 0-3, the team was intently determined to turn that record around. The Falcon team was shown full support from FSU students and fans that sported a wave of maroon gear and thunderous excitement.

The Falcons winning streak against Glenville State began when FSU players Stephan Johnson caught a 60-yard touchdown pass from Derek Taylor before a minute had even elapsed in the first quarter.

With that explosion of an entrance FSU player Ryland Newman showed grit when he picked off a GS pass 19 seconds later, only to return it 39 yards for the Falcons. This put FSU on the board once again, leaving their GS opponents noticeably shocked. Glenville State quickly responded fiercely, but were left dumbfounded when FSU junior quarterback, Vick Bradford, used his vicious speed to break off a 73-yard run. The Falcons scored again! From there, the two teams heavily battled back and forth, both displaying impressive drives as the GS visitors watched FSU take a 43-24 lead into the locker room by halftime.

Coming back onto the field with a new game plan and strategy, Glenville searched every variable possible to turn the Falcon victory around, but the Falcons were too quick and intense.

FSU freshman defensive back Dewey McDonald picked off a GS pass, taking it back 85 yards for what was the last Falcon touchdown during the duration this game. GS did score one more touchdown, but it was not enough as FSU moved their record to 1-3 for this 2009 season, leaving with an impressive 50-37 victory at home.

The conclusion of this game was not only the impressive amount of points that were made, but the unbelievable 10 turnovers that FSU tricked GS into making. It is safe to say the entire defense of FSU should be awarded most valuable player, as they most definitely played. If anyone missed this game, it's too bad, because this was an exciting, "hold your hands up high" match. Most students were rating this one of the best football games played on FSU's campus in recent years.

FSU Basketball Teams Roll Past Rival Glenville State

By: Justin Myers

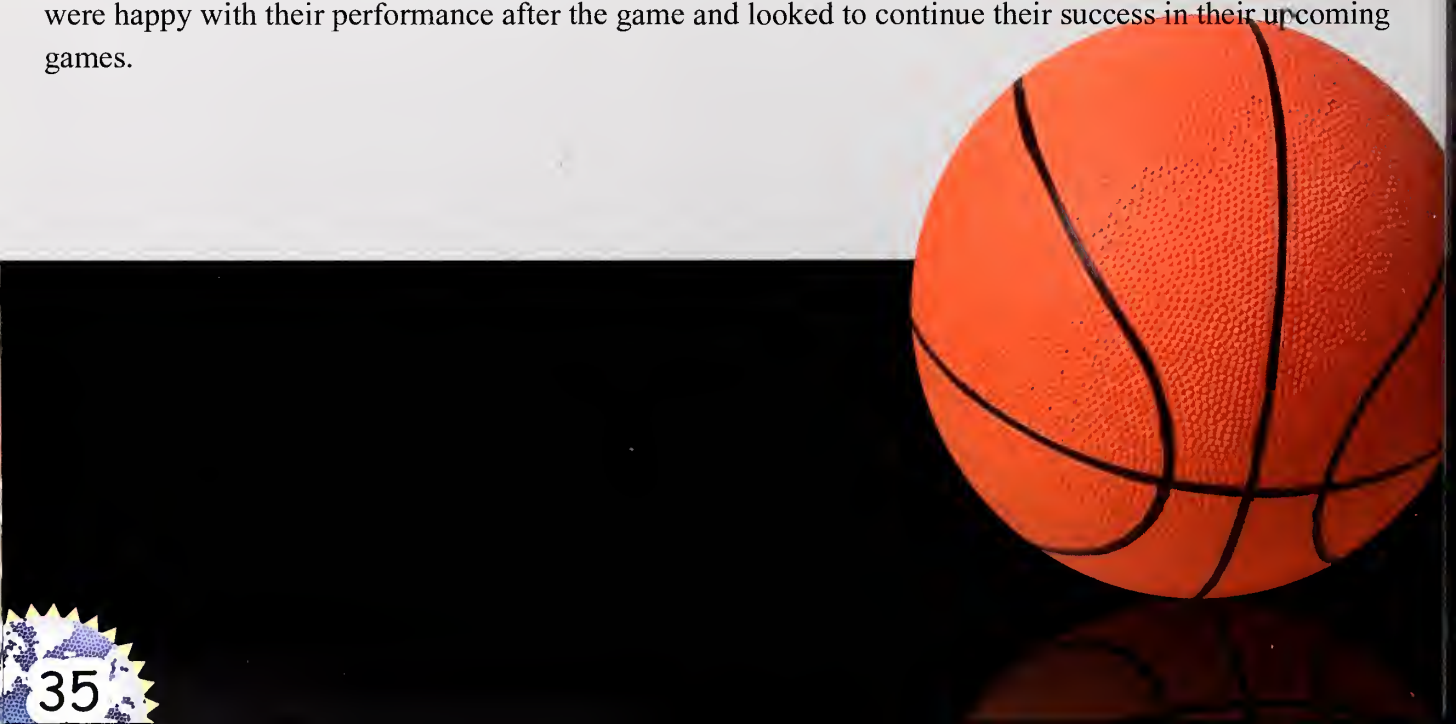
After defeating the Glenville State Pioneer football team 50-37 back in September 2009, both the men's and women's basketball teams took care of business on the court as well playing host to their rival on January 14, 2010.

The FSU women's team took court for their first game of a double header with Glenville State and pulled a late run in victory of 78-76. That victorious run was led by FSU senior guard, Ashley Vavrek, who scored 12 points of the game for FSU. This gave her a total of 26 points during that night. Vavrek was able to score 12 points with help from teammates Lauren Streicher, Mo Gattuso, and Rachel Murray. These three ladies combined scored 33 points for FSU.

The win was big for the Falcons, as they knew that Glenville was a good team, who had many scoring threats. Fairmont State's Vavrek emphasized after the game that their coach continued to tell them "not to giv up." Those encouraging words gave her and her teammates the motivation they needed to pull out the win. The successful win improved FSU's women's team for a record of 8-3.

On the men's side of the action, the Falcons raced out of the locker room and never looked back with contributions from the whole team, rolling over Glenville State 93-70. The Falcons showed their ability to knock down three-pointers making 10 during the contest as six Falcon players were able to score in double figures.

Steve Custis led the charge with his team high 20 points. Other double digit scorers included: Isaac Thornton with 17, Dan Bruner with 14 including three three-pointers; Terrence Green had 12, and Erv McFadden and Mike Henderson both dropped 10 a piece. Unlike the Glenville State women, the GSU men's team struggled during the 2009 season as they fell to 3-9 with the loss. The Falcons took advantage of the opportunity winning big and moving to 10-1, sitting atop the WVIAC conference with a 5-1 record. Players were happy with their performance after the game and looked to continue their success in their upcoming games.



FSU Fall Sports Recap

By: Justin Myers

Fairmont State University saw fall sports such as football, golf, and volleyball come and go quickly this year. Here is a recap of the 2009 year.

The FSU Football team found themselves in a down that year as they only managed to claim a record of 3-8. Their three wins include a home victory over rival Glenville State College 50-37 and road triumphs over WV Wesleyan and out of state competitor Seton Hill. The Falcon's final stats showed that they were 1-5 at home and 2-3 on the road scoring only 19.5 points per game. As a team, the Falcon's rushed for 172 yards per game and added 128 passing yards to that total.

Although the season may not have been what many FSU football faithful had hoped for, there are still many individual performers in need of recognition. Doug Brazil was FSU's leading rusher gaining 664 yards on the season, giving him an average of 60.4 yards per game. On the passing side, J.J. Mayer led the way throwing for 755 yards with 4 TDs, averaging 68.6 yards per game. Not far behind was teammate Derek Taylor, who threw for 587 yards with 5 TDs, and averaged 97.8 yards per game as well.

Catching those passes were receivers T. Hawthorn, Perry Baker, and Stephan Johnson. Hawthorn averaged 30 yards receiving per game and scored one touchdown on the year, while Johnson led the team in touchdown receptions with four. Dewey McDonald stepped up big for the Falcons on the defensive side of the ball leading the team in snagging five interceptions.

The FSU volleyball team earned a winning season with a record of 19-16. The Falcons finished with a 6-9 conference record, going 8-7 at home, 4-7 on the road and 7-2 at neutral sites. The Falcons suffered an opening round loss to Davis and Elkins College in the WVIAC Tournament but still had a very successful year. Senior Micah Bell and sophomore Meagan Gibson were honored by being named to the All- WVIAC 2nd Team.

Finally, the FSU golf team fought hard placing 3rd in the annual WVIAC tournament held at Stonewall Resort during the end of the year. The golf season is often difficult to follow, it begins in the summer months when students are enjoying their break. If you missed the results from the tournaments, here's a short review: Ohio Valley Invitational (4th place), Davis & Elkins Invitational (2nd Place), Wheeling Jesuit Invitational (3rd place), WVIAC Central (4th place), WVIAC Southern (3rd place), and lastly as mentioned before the WVIAC Championships (3rd Place).

Ditch the disposable bottles. Buy a reusable bottle as an alternative for all of your favorite beverages.

Recap of FSU Women's Tennis

By: Justin Myers

As with most of the fall sports here at Fairmont State University, women's tennis went by very quickly.so quickly, that most people may have not been able to attend a match this season. FSU's tennis team was very young, struggling at times to collect wins, but was able to pick up some key victories that will help them build for next year's team.

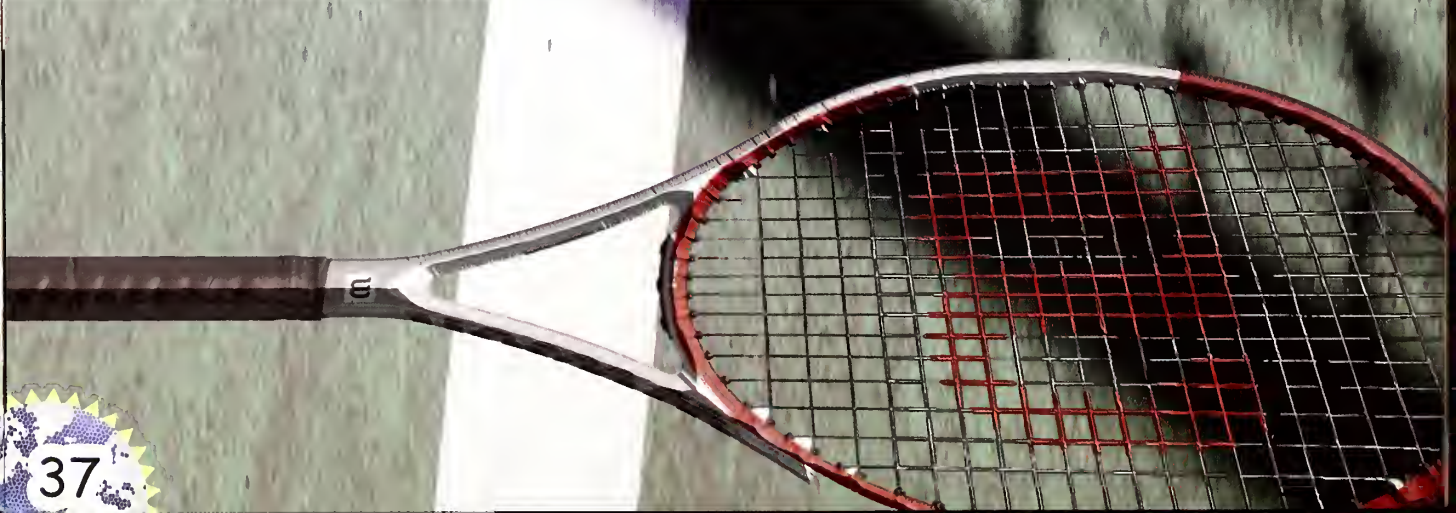
The women's roster for this year included two freshmen, five sophomores, two juniors, and one senior student assistant. Sophomore players included Heidi Bastin, Heather Gurash, Courtney Kisamore, Katie McDowell, and Lisa Smith. The juniors on the team are Amanda Osborne and Kaity Prather, while the freshmen are Goldie Preston and Brittany Shumate. The lone senior student assistant for this year's team was Sierra Hendershot. With this young of a roster, one can only expect great improvement and even more victories. The girls were seeded into positions to decide their playing spots. With the loss of Sierra Hendershot playing, Katie Prather secured the number one spot. Freshman Goldie Preston found her way to the second seed. Courtney Kisamore moved up to third seed, and Heidi Bastin was the fourth seed. The fifth position belonged to Heather Gurash, and sixth seed was interchangeable between Kaity McDowell, Amanda Osborne, and Lisa Smith. The other new additions to the team were the before mentioned Sarah White, Brittany Shumate, and Lisa Smith.

The team was able to pick up a few big wins this season that included two victories at home and two on the road. The team's two home victories came against Seton Hill 8-1 and Davis & Elkins by a score of 8-1 as well. The road victories came at Frostburg 5-4, and a second victory against Davis & Elkins 8-1. The team also had a close call at West Liberty, losing by a score of 5-4 in a hard fought match.

Sophomore third seed player Courtney Kisamore said, "My most memorable moment of the season was when we played against Frostburg. We were down 3-4 with two more matches to go. Goldie Preston and Kaity McDowell had both split sets, and they had to go into a tiebreaker. Both girls pulled off a huge win for the team!"

Kisamore is looking forward to next year and the possibilities. "Next year our team should be as strong, if not stronger than this year. Coach Floyd is looking at a couple of recruits to hopefully add to the team. We'll see how things go," she said.

Any FSU student who is interested in playing tennis are encouraged to try out for the team; they are always looking for new team members.



FSU Men's Basketball on the Rise

By: Justin Myers

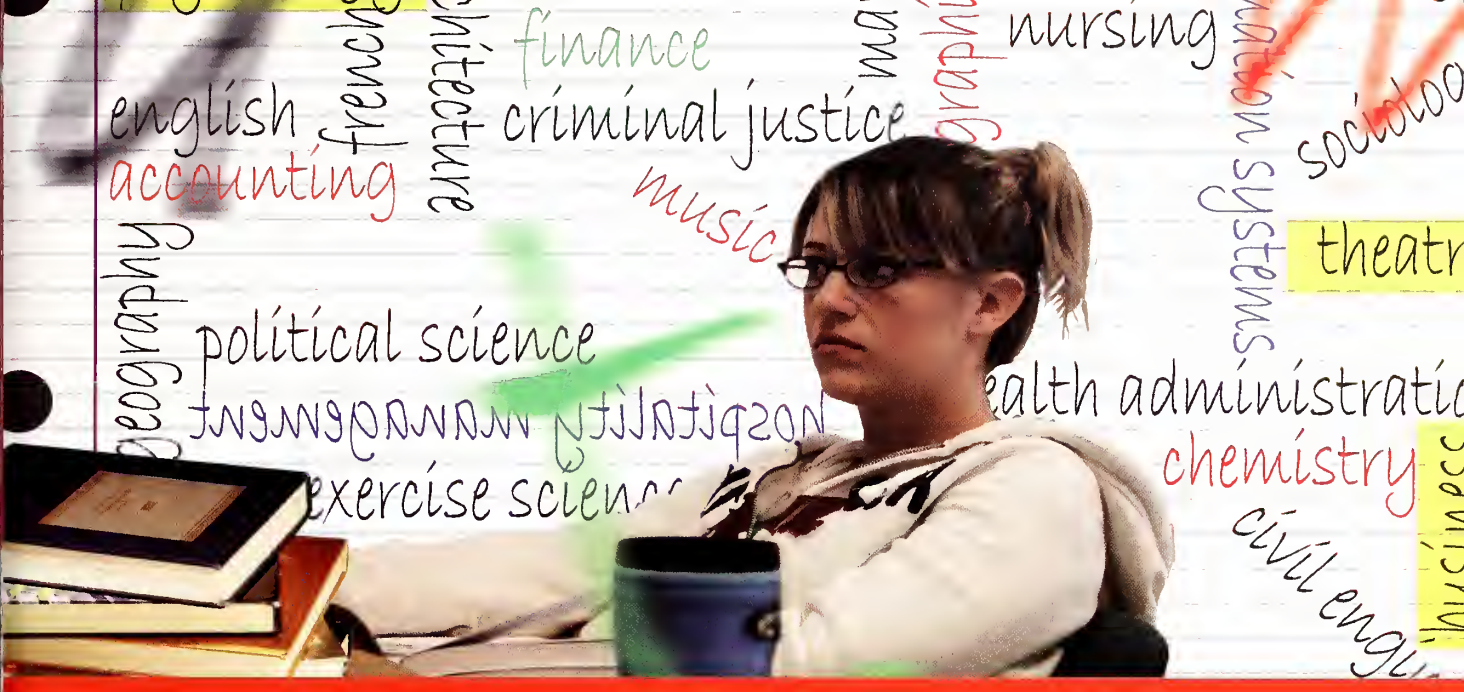
Over the last three years, the FSU men's basketball team has been on the rise winning almost 60 regular season games. Under the coaching of Tim Murphy and Brett Vincent, the success has continued to be evident this year as the team finished up their regular season with a record of 21-6. Anyone who has attended a basketball game this year can tell that this year's FSU basketball team is loaded with talent and ready to make a run in the postseason.

The team had a successful season posting a 13-3 home record, 8-3 on the road, and have earned a 16-6 record within conference play. Outside the conference, FSU has also found them with an undefeated 6-0 record. This type of success can only be accomplished with great coaching and talented players who know how to win games.

The team had four players who averaged double figures scoring per game, which helped lead to their success. Steve Custis led the team with 16.9 points per game, while Isaac Thornton put 15.1 points a game on the scoreboards. Terrence Green and Dan Bruner follow up their teammates, scoring almost 13 points per game a piece as well. The shot selection and field goal percentages for this year's team have been phenomenal. Five different players shot over 50 percent from the field for the year. Mike Henderson leads this category shooting an amazing 67.2 percent from the field, while teammate Chris Thompson isn't far behind with a 59.2 percent of his own. Dan Bruner and Isaac Thornton have led a barrage of three pointers made by the team, as each has hit 28 three points throughout the year. Terrence Greene also led the team in rebounds with 6.8 per game, and has blocked a team-high 19 shots this year and collected 52 steals. Isaac Thornton also adds a team high 77 assists to his already impressive resume.

With such a successful year, the team looks to finish their 2009-2010 story with an impressive postseason as they took their show on the road to participate in their conference tournament. Winning over 50 games in the past three years can only mean great things for the future of FSU basketball recruiting. The Fighting Falcons have people buzzing about basketball once again, and we can only expect even greater things to come.

What's in Your *Noggin?*



Midterms = diversity in grading and realization

By: Sarah Bright

It is that halfway mark in the semester: the point where a realization strikes most students – midterms. Midterms have a different meaning for many students. The only true similarity during this time is a grade appears for each individual at the end of that week. Midterms are meant to help students get an idea of where they stand in their classes and provoke of whether they should increase their study time or stay at their current pace?

A midterm is usually in the form of a test grade or a project –it is a graded assignment that is given during the middle (or mid) of that academic term. FSU student, Laura Brown, said, "Most midterms that I have taken are just a regular test on what we've been learning in class, nothing too strenuous."

But, sometimes, a midterm, might be the first graded assignment for that semester, such as an important test or project. That one test or project acts as a marker for a student's academic standing at that point, and its often a major "wake-up" call.

On the other hand, some students feel that midterm's week sometimes resembles finals week. "Midterms can be stressful just like finals," said FSU student, Rebecca Burroughts. "Most of my midterms consist of one big test that is given on all of the information given so far in the semester." For students who have similar midterms they are cruical because they're the only grade for that semester up to that point. In this case it's important that a student do well on that test.

However, for some students, a midterm does not invoke any worry or stress. This is usually when a situation, such as FSU student, Jacob Marino's arises. Marino said, "I've had teachers who do not even give a test, just a letter grade from a complied of scores already taken in the semester".

Some might think that students in Marino's situation are lucky, but this usually happens when they've been through months of studying and working hard for their grades so far.

As explained, midterms week can hold many meanings to all students: stress, worry, an eye-opening experience or just a regular week in school. But for all students that letter grade is an indicator of a student's position in that class – will they make it or break it? What's for certain is after midterms students often begin to study harder, keep their usual pace or seek help if necessary.

Living in the world of science

By: Sarah Bright

Black Lung Disease, black hands, face, arms, legs, a persistent "chalky" cough and bizarre skin rashes –sound familiar? Well, if you were born in West Virginia, then all of those symptoms listed should be recognizable and are exactly what coal miners in that state experience on a day-to-day basis.

Being a coal miner was once a perfunctory profession – you had to do it in order to support your family. In fact, major cities during the 1800's to mid 1900's were run by the coal company itself. The company built a miner's house, provided the items that the main street store could sell a miner and paid the teachers to educate coal miner's children.

People nowadays in West Virginia have many options as to what professions they would like to select. As this is a constantly changing day and age, teachers at Fairmont State University would like students to have an idea as to how life was then as well learn about the scientific aspects of coal. It is the course "Science in the Heart of Appalachia" that gears directly towards the Appalachian Mountains and its way of life. Many people might also find it interesting that in West Virginia, 90 percent of electricity is powered by coal and 50 percent powers the entire United States.

The "Science in the Heart of Appalachia" was designed by Dr. Andreas Baur; Dr. Phillip Mason; Dr. Deb Hemler, Dr. Galen Hansen and Dr. Judy Byers. It is specifically offered for students to reunite their personal connection to coal and its native West Virginian folklore. Also, it is advised for students to take both courses consecutively to grasp it full learning effects.

Dr. Andreas Baur and Dr. Martina Bachlechner were teaching the "Science in the heart of Appalachia" course for Fall 2010. They kept the original design, which was to teach the course so it will be less-threatenin and math will be the main focus. This course is not as threatening, because there is no three-hour laboratory class to attend on a weekly basis.

From this course, students will gain knowledge about coal by using geology, chemistry, biology, and some physics (only a basic understanding of science and math are used). Students will learn how coal is formed and its importance in the American society.

Another neat aspect about this course is how many collegiate students can say that they participated in class by playing around with rocks? Not many courses offer this type of learning. Another plus to this course is the group work. From my experience as being a student as FSU, most students like group work. In small groups, students are given tasks and learn how to manipulate scientific things.

For example, the rocks that students are given allows them to see, touch, and categorize each one. The content of the course involves lots of handouts and reading a book called COAL, A Human History by Barbara Freese. Another plus about this course besides being entertaining is the cheap cost for this course book. This book is an old book with can just be bought for about $14 from a bookstore or online. The course book is not the usual assigned textbook with information based on one subject, but filled with historic facts that many students can relate to by the same generation-to-generation occupation- coal mining.

Furthermore, the course tests have two portions. One portion is given for a group work to finish. The other portion is individual. Not only were the rocks a hand-on activity, but students were tested on exactly what they were able to be involved with. Also, similar to most courses, at the end of the semester, a group presentation is given by group members on what topic the group picks.

Dr. Baur and Bachlechner want students to realize that science is a part of life. "You are always doing some action related to science and using it," Dr. Baur said. This course is connected to something real for most students and a reminder that science applies to everyday living.

A different twist for 2010 New Years resolutions

By: Sarah Bright

"I promise that... I will go to the gym three times a week and run this year." "I will make it my goal to quit eating junk food this year." This sounds familiar like the New 2010 Year has approached. Every New Years is a time when people make their resolutions and goals they wish to achieve throughout the year.

Generally, the goals are about losing weight, sticking to the latest weight-loss diet or getting "bikini ready" for spring break. But why are the most important aspects in life the one's that are often neglected when creating a resolution? Many individuals usually do not make goals such as improving their work ethic, making academics their first priority, being more kind to their family or bettering their relationships with others.

A goal that an FSU student might consider is making their New Year's resolution about focusing more on academics. Sure, it might sound a little out of the ordinary to make academics a resolution, but this is the time to forget inhibitions and do it! A goal focused on improving one's academic status can help later and every one's future career.

In fact, FSU student, Christen Jenkins whose major is Human Resources and Management, decided to create an academic 2010 New Year's resolution, instead of her usual weight-loss goals. Jenkins said, "My New Year resolution is to succeed in my classes this semester by putting in more time and devotion. I want to be the best I can be when I get older in my career." Jenkins resolution is a short-term goal because she wants to take it "one step at a time."

Those who like a bit of challenge in their academic lives might consider long-term resolutions. Engineering student, A.J. Fitzsimmons set his academic goal long-term this year. "I want to go above and beyond in my engineering classes," he commented. "So that my hard work will prepare me for the FE exam in the fall."

For majors such as engineering, education, pre- professional programs like denistry, medical and pharmacy programs, students must take an exam entering into the field of study or continuing to graduate or professional programs. These post-tests for specialty schools after graduation can put a lot of stress and pressure on ones academic strive for excellence. The secret for success is to put one foot in front of the other.

For one to succeed in the real world, a degree has now become a "must have" and not for those of the wealthier class. Since times have changed, it is more imperative now than ever to complete a field of study. This is where setting small or long-term goals will help one achieve successfully, if they follow through. Sure, it might be scary at first doing something out of the norm, but the feeling will be exhilarating.

Math Education student, Sarah Pryor set her 2010 academic resolutions as a mixture of long and short-terms goals. "Of course I want to make good grades, but I also hope to have fun and gain all necessary knowledge to help me transition from a college student to a teacher," Pryor remarks. "I am setting some short and long-term goals, to ensure that I will achieve everything that I wish."

Being a student at FSU can definitely be challenging. It can be hard to fit in some free time, especially if one is trying to achieve their New Year's resolutions. The key is simply balance and moderation. Monitor the time spent with friends and balance the amount of time put forth toward academic work. As a student, are you ready to begin an academic New Year's resolution? Let's start right now.

When copying or writing use both sides of the paper.

DAY IN THE LIFE OF... A BUSINESS EDUCATION MAJOR

By: Sarah Bright

The American society continues to evolve and grow by new and up coming businesses. Whether it is a financial, technology, or food business –society takes in all forms of businesses to make this economy functional. Of course, there are the ups and downs in an economic society, but business professionals always strive to do their best.

As of now, the American economy is in a recession and has been for quite some time. To build the economy back up to its greatest potential, as it was three years ago, President Obama, his chief advisors and important business professionals are taking all steps necessary to achieve this. Take for example, Gary C. Kelly, the CEO of Southwest Airlines. Kelly has been implementing many positive changes to keep Southwest Airline employees employed and lower the cost for airline passengers. The many changes that Kelly is making are beneficial for this economy, because the costs to fly from many airlines is expensive. These are the types of business professionals who understand the true nature of business and this is the kind of knowledge that FSU business education majors are taught to someday teach their students.

At FSU, business education majors learn essential skills about business, how to teach those skills and methods that students can use in the classroom to produce successful future business professionals. However, if students want to be in this major, it is required that students must pass the PRAXIS 1 exam. Then, after graduating with a teaching degree, if students want to actually teach, then they must pass the PLT exam and a Content Standard Test.

Business education major, Sarah Chenoweth is entering her senior year at FSU. The "third time is a charm" expression applies to Chenoweth, as her Business Education major marked the third time she has changed career paths at FSU.

This is the "Day in the life of" Sarah Chenoweth:

Her week starts early on Monday morning, beginning with her Introduction to Financial Management class. After class, she enjoys a little break and relaxes before going to her daytime job as a lifeguard for FSU. She lifeguards from 12-2:00 p.m. and then again from 4-7:00 p.m. Wow, what a long day!

When you leave a room, unplug your electronic devices – when plugged in, the devices still generate electricity and use up precious energy.

Tuesday also proves to be a bright and early rise, where she greatly depends on coffee to give her that morning boost. Her morning class, Inclusive Practice and Education Psychology is from 9:30 a.m.-12:15p.m. This class is a mandated 60 hour clinical for all Business Education majors. Finally, she has a bit of a break to eat lunch, catch up on homework and then it's back to class. But, don't get fooled right yet. Her day still continues with attending Introduction to Special Education class from 4-7:00 p.m. After class, Chenoweth digresses with a simple dinner, works on some light homework and crawls her way into bed.

Thankfully, Wednesday is somewhat a different day for Chenoweth. Instead of attending classes, her entire day is working as an administrative assistant for Robin Yeager. This job is just like any other business job, which involves paper work, invoices, graphic work and making fliers. She also researches and provides valuable health information located on the exercise track bulletin board in the Falcon Center for those who strive towards a healthier lifestyle. After work, she takes time to exercise for a bit at the Falcon Center. Then, she is off again to coach the South Harrison High School swim team at 7:15-8:15, where she coaches three days a week. Despite her busy schedule, she takes the time to coach because swimming is a hobby of hers.

Thursday also consists of the 60 clinical hour class and then a Human Relations class from 6-9 p.m. Thankfully, she always has a three-day weekend, because she has no classes on Friday. It looks like it's hitting the snooze button in the morning for Chenoweth. Even though she has a three-day weekend, she makes the best of it and usually involves homework time, attending swim meets and spending time with family and friends.

Although her weeks seem quite busy, she is still content with her decision to teach business in the classroom someday. "I enjoy being a Business Education major and I especially like the Computer Application course," comments Chenoweth. So, there you have it –A day in the life of what it's like to be a Business Education major. Sure, it sounds time consuming, but those who teach business need to be, hard workers and good at multi-tasking and above all, love what they are doing. Just remember, that business teachers who render proficient business students is vital in the American economy and society. Without good business people and their skills, there would be no companies and without companies, no jobs.

A Day in the Life of an...FSU Swimmer

By: Justin Myers

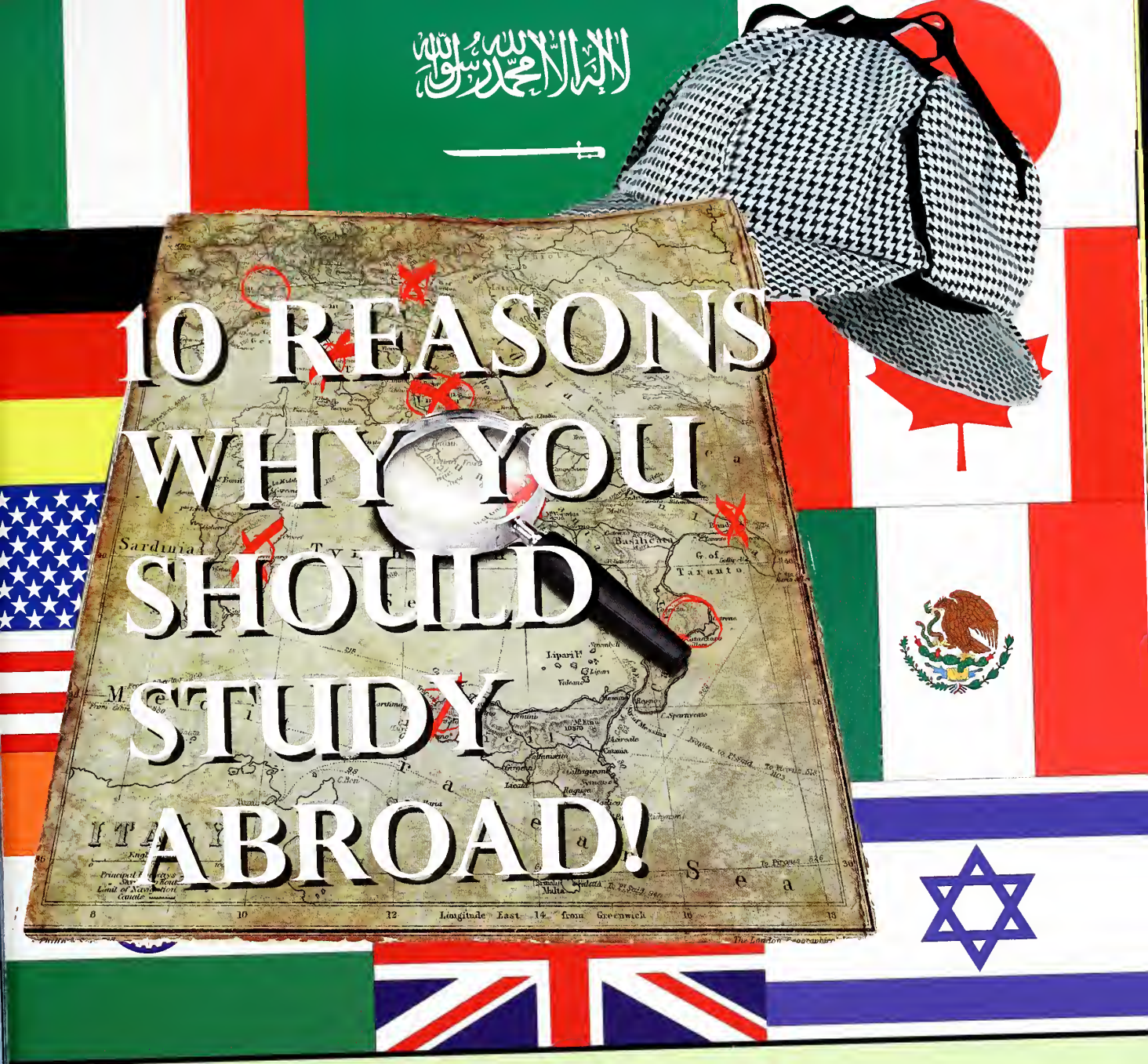
To be selected as an athlete here at Fairmont State University is an honor. Every athlete has spent most of his life excelling in athletic competition, and here at FSU, nothing gets any easier. It takes hard work and dedication to be a college athlete. I recently sat down with FSU swim team member Jessie Patterson to find out just what it takes to live a day in her life.

Patterson has been a member of the FSU swim team for four years. She said swimming brings with it many positive things but also presents many challenges at the same time. Patterson, along with nine other members of the team, wakes up at 6 a.m. to practice on Tuesday and Thursday mornings. The team practices six days a week, which consist of not only morning practices, but also three-hour afternoon practice times. Practices aren't just a walk through the park for these men and women; each team member goes through abou 6,000 yards of swimming per practice. Team members then go through sets of group activities, separating into groups such as sprinters, strokers and distance swimmers. Conditioning and dry-land drills are also top priority, as well as weight room time is included in their practice schedules.

With all of time required to be a member of the team, it can be difficult to keep up with school work. "It's important to keep our priorities in line, and it helps to have a set schedule. There is not much free time, and it's especially hard for members on the team who have a work schedule to keep up with," Patterson said.

The swim team is always interested in finding new members, especially women, as this year's team consisted of only four women and ten men. Patterson says her most memorable moment was her last individual event at conference, where she swam the 1650 yard swim. She swam her best time ever and placed 8th overall.

As I concluded my interview with Jessie Patterson, I could tell that she was going to miss swimming here at FSU. She said, "I feel that I have improved a lot since my freshman year in both swimming and lifting Being on the team has made me more mature and has helped be to become a leader. We have a lot of early mornings, and long weekends, but it was definitely worth all my time." She also said, "I wouldn't trade my team or the memories from the past four years for anything. If you are interested in swimming here at FSU, g for it! We have a great program and our coaches really love swimming."



By: Molly Born

Few could dispute the value of learning another language, navigating a foreign city and enrolling in courses at a foreign university. It sounds exotic, fun and a great way to spend a semester; students seem to agree. More students are studying in foreign countries than ever before, according to vistawide.com, a website that reports statistics on trends in studying abroad. The site reports that 262,000 Americans studied abroad in 2007 and 2008, with the most popular placements in the UK, France, Spain, Italy, China and Australia. This number was nearly a 130 percent increase from a decade ago.

The semester is over and there is tons of leftover notes in your binder; don't throw them away in the trash –recycle them!!

With the help of Fairmont State students who have studied abroad, we compiled a list of the top ten reasons you should study abroad:

1. Studying abroad can help you develop your language skills. While placements can be found in English-speaking countries, many exchange programs are affiliated with universities in countries throughout the world.
2. Studying abroad exposes you to a culture that is probably dissimilar to what you're used to. You will try new foods, learn new routes on new forms of transportation, and test your communication skills, especially if you're learning a new language.
3. The friends you make in study abroad experiences are often friends for life. And you can always go back and visit.
4. There are many things to learn while studying abroad; a lot of that learning will take place outside the classroom, too.
5. When studying abroad, traveling within the country or region is often very economical. Work hard and then play... for cheap!
6. You'll have a point of reference after studying abroad. Under a global lens, you might look at your remaining classes at your home institution in different and exciting ways.
7. Studying abroad affords you the experience of meeting people from around the world and sharing your customs with each other. Those cultural exchanges are exhilarating and invaluable.
8. An experience studying abroad looks great on a resume or job application.
9. You can take a variety of courses at a foreign university that might not be offered at your home institution.
10. Studying abroad will challenge you. Simply put, it is the kind of challenge you won't confront at your home institution. But it's the kind that will help you grow tremendously.

If you decide studying abroad is the right course of action for your academic career, it's time to start planning. Advisers in the Language and Literature Department at Fairmont State suggest planning your study abroad a year in advance, especially if you plan to stay a semester or a year. Advisers also recommend students study abroad early, often in their sophomore year.

Advisers also encourage students of all disciplines to consider studying abroad. Even studying in a foreign country is not limited to those studying the language; with a little research, business, architecture, and even computer science students could find a program suited for them and their studies. Vistaweb.com reports that less than 7 percent of students who study abroad are foreign language majors.

Fairmont State has numerous study abroad opportunities and resources, ranging from two-week spring break trips to a direct semester exchange with an institution in Italy. For more information on studying abroad contact Dr. Erin Hippolyte at chippolyte@fairmontstate.edu.

Getting Bigger and Bigger

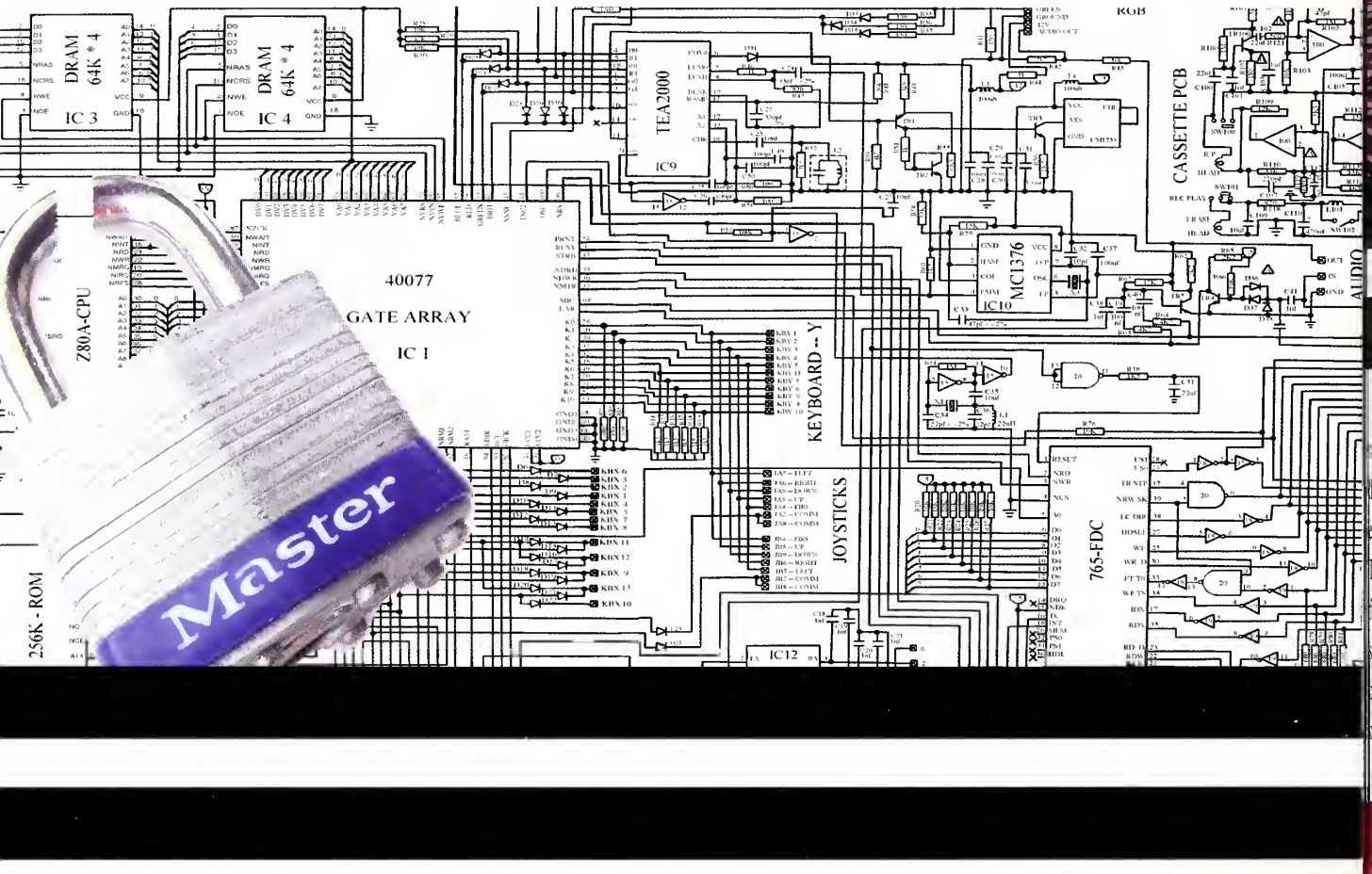
By: Sarah Bright

FSU is growing in terms of adding new, innovative undergraduate programs. The goal in adding these new programs is to increase the enrollment of students and offer a wide-range of curriculums.

The four new programs created are designed to reach out to a variety of different students and their unique interests. The programs are National Security and Intelligence, Computer Security, Hospitality Management, and Safety/Environmental Technology.

Let's start with the National Security and Intelligence program. FSU students who want to become more involved in specializing with U.S. security and intelligence will benefit from this program. For a bit background information, this program was created after the 9/11 terrorists attacks to ensure the best safety and security for the U.S. This program is a Bachelor of Arts degree and trains students to either become a researcher or intelligence analyst. They have the choice to work for the government or an independent company. Courses required for this are criminal justice, political science, history, computer lab classes and participation in field work. Not only is this program new, but the job opportunities available after graduation is numerous. FSU student Justin Myers primarily declared this his major for the job availability, but also for its uniqueness. "Even though jobs can be hard to come by these days, this program is a great one to be in," Myers said. "National security is also going to be a great job and can offer a variety of different positions and people of many interests."

The Computer Security curriculum is linked within the Computer Science and Security Program. This allows students to potentially receive a Computer Science degree along with the Computer Security program. The Computer Security degree started at FSU in fall 2004. This degree is important because of the technical skills taught to students that are beneficial for individual companies in the U.S. or world and government agencies. Students in this program are taught about threats and attacks in today's society and learn defensive skills to protect U.S. citizens. New courses, such as network security, cryptography and vulnerability assessment are also offered. Similar to NSI, students will be open to a wide area of employment in commercial companies or the government.

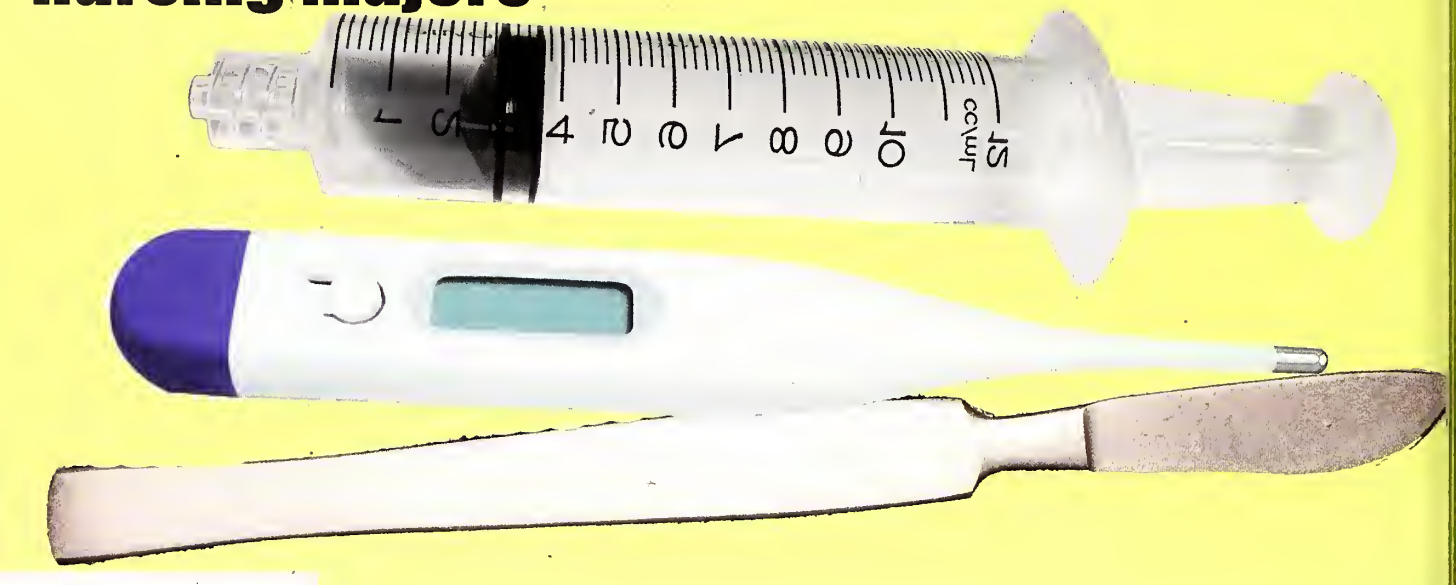


The Hospitality Management program is excellent for a student who likes to work with food has an interest in business. This program allows a student to receive a Bachelor's degree, but it is only offered to a student who alrcady has an Associate's degree in Food Service Management, primarily a culinary arts specialization degree. With a Hospitality Management degree, the student is equipped with fundamental business principles and culinary skills –an excellent food combo. Student is also taught to work in a management field that takes place in a hospitality setting. A graduate should have little difficulty finding a job because opportunities range from hotel to cruise ship settings. Would anyone like to travel to the Bahamas' and work with food. Sounds like food heaven.

Use last year's/ quarter's/ semester's school supplies

The newest program at FSU is the Safety and Environmental Engineering Technology, which teaches students how to solve complex Safety and Environmental problems. It could be called "saving the planet" degree. This program is offered as an associate's degree. The graduate then has the choice to continue and earn a bachelor's degree (2+2). A 2+2 program is when a student decides to enroll in the community college. This is through obtaining a degree from Pierpont and Community College and then they obtain a degree from FSU. Courses that will prepare a student for this degree are math, chemistry, physics, human anatomy, statistics, and written composition. A student within the program will learn computer skills with an emphasis on experiential learning. Furthermore, a student will also work in a laboratory setting and complete a number of industrial projects and participate in paid or unpaid internships.

Blood, needles, saving lives: this is life of a nursing majors



By: Sarah Bright

Do you want to make a difference in a person's life or have the chance to save lives? If yes, then a career in the health field may be right for you. To make clear, a nurse is the person who helps the doctor and cares for patients. Being a nurse is a dependable occupation and is perfect for anyone who can stand the sight and smell of blood.

FSU is known for its highly well-organized nursing programs. A person can obtain an associate or bachelor's of science degree in nursing from FSU ande each program is accredited. FSU even has a fast track for people to get a BS degree within three years.

Many people go into nursing to further an existing health career education. "I am a CNA (certified nursing assistant) at the Golden Living Center in Morgantown," said FSU nursing student, Teressa Rhodes. "A friend of mine who is a former graduate of FSU nursing program convinced me to go further into the medical field and become a nurse."

"I was an accountant for five years, but I always wanted to be in medicine and nursing has so many fields that are open in that career, said nursing student, Kristen Brady. "A nursing degree allows a person into a secure healthcare field, where there is tons of flexibility."

Before a student decides that nursing is his or her main career path, both Brady and Rhodes advise students to at least first volunteer or intern in the healthcare system. Another piece of advice for an undergrad in pre-nursing program is to make sure they take all of their liberal arts studies first before entering into the program. "These few classes will decrease the stress a person feels once they start the nursing program" Rhodes said. Also, Rhodes added, "for incoming nursing students, you should work hard, but make sure you enjoy your school breaks!"

The accomplishment of achieving a nursing degree is selected to only those who are determined to actually be a nurse for the right reasons. Rhodes and Brady both juggle an academic life and a family life.

Rhodes is a mother of two, a 3-year-old boy and a 7-year-old girl. Her day consists of waking up at 5 a.m. and getting herself and children ready for school. She is fortunate to have a mother-in-law to watch her kids before school. After the children are taken care of, Rhodes commutes one hour to school for classes from 8 a.m.- 4:15 pm. Another hour is wasted for the commute home and then the duties of a wife and mother are tended to- dinner, dishes, laundry, kid's baths and bed –she is quite the busy bee. Thankfully, Rhodes has a supportive and helpful husband who usually does most of the house chores, if she is unable to do them. Rhodes is also active within the nursing program. She is the vice president of SNA (Student Nurses Association) during this school year and will be the president of the club next academic year –she has definitely tested the ability of the human mind to multitask and proven it to be possible.

Brady follows a similar personal life as Rhodes. She also has two children, a 5-year-old and 8-year-old boys. Brady works at the Preston Memorial Hospital in the birth center. She loves her job but is still undecided to what department she will go into once receiving her RN degree.

It can be safe to say that the nursing program can be accomplished with determination and supportive family/friends. As it can be seen, the life of a nursing major is difficult, but also and fulfilling.

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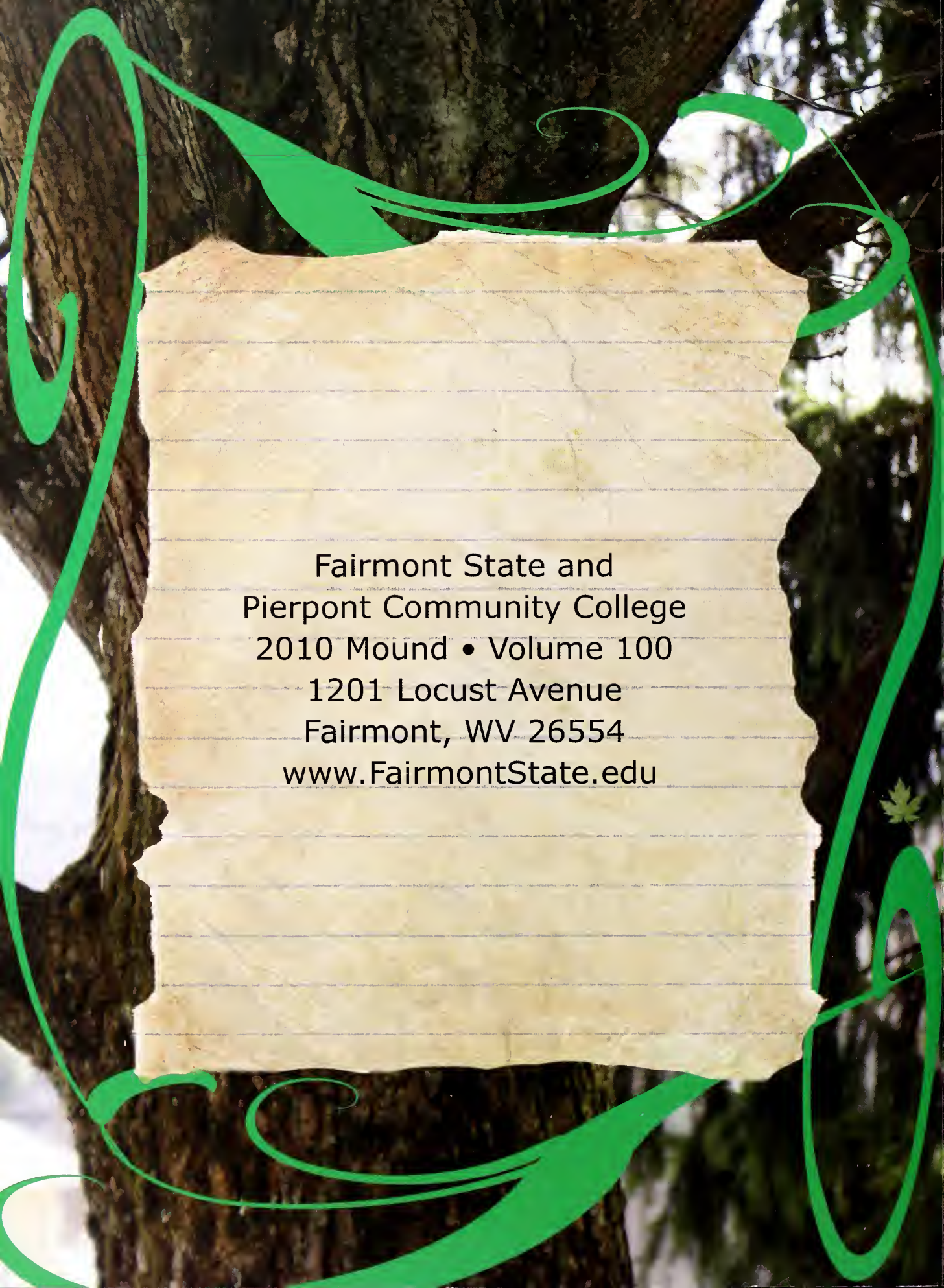

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